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NEWS WORTH SHARING.

Grey Cup spells green

The 2013 festivities rang up $93M for Saskatchewan, including more than $60M for the Regina area PAGE 2

Baird offers help in search for schoolgirls

Canada will supply surveillance equipment to help Nigeria find abducted students PAGE 5

Bust sends global birth rates tumbling

They haven't bounced back to pre-recession levels, and that spells economic trouble PAGE 10

DRILLING INTO CONTROVERSY

IN DAY 2 OF OUR 3-PART SERIES, METRO LOOKS AT WHY PROVINCES ARE PUTTING A HOLD ON FRACKING PAGES 6 & 7

ORDER OF THE DAY

Gov. Gen. David Johnston invests former Saskatchewan finance minister and academic Janice MacKinnon into the Order of Canada during a ceremony at Rideau Hall in Ottawa on Wednesday. MacKinnon was the province's first female finance minister, under Roy Romanow, and is currently a professor of fiscal policy at the University of Saskatchewan. SEAN KILPATRICK/THE CANADIAN PRESS

Wall down a third cabinet minister

No re-election bid. Advanced Education Minister Rob Norris leaving politics for other career options

Premier Brad Wall is losing a third member of his cabinet.

Advanced Education Minister Rob Norris says he won't run again in the next provincial election.

"You know it was and remains a very, very difficult decision," Norris said on Wednesday at the legislature.

"It's a natural time, as many of my colleagues are gearing up and undertaking preparations for the next election. That's a big commitment and it was an opportunity for us to think about career options and opportunities into the future."

Norris's announcement comes after Finance Minister Ken Krawetz and Social Services Minister June Draude — both founding members of the Saskatchewan Party — said they won't seek re-election when voters head to the polls in 2016.

His exit means Wall could have big shoes to fill in a cabinet shuffle later this spring.

"Certainly Rob would have been a candidate for some of these other duties, absolutely," Wall said, "and that gets a little more difficult now."

Before entering politics, Norris was the co-ordinator of global relations at the University of Saskatchewan. His future, he said, will likely be "on the nexus, right on the cusp between industry and academia."

Norris was elected in the constituency of Saskatoon Greystone in 2007 by only 300 votes, and was re-elected in 2011.

He was the labour minister in 2007 when controversial essential services legislation was introduced.

In his first stint as advanced education minister in 2010, Norris cut provincial funding to First Nations University of Canada because of issues with the way the school was managed and allegations of financial irregularities.

He also held the post of immigration minister, where he faced discord from families after changes to Saskatchewan's Immigrant Nominee Program in 2012.

Norris was dropped from cabinet in May 2012 before returning to the post of advanced education minister last September.

He's learned the importance of "more communication, more engagement with stakeholders," he said, "and certainly as I returned to cabinet, I've attempted to do that."

THE CANADIAN PRESS

Next provincial election

2016

Rob Norris joins Ken Krawetz and June Draude as members of Premier Brad Wall's cabinet who won't seek re-election when voters head to the polls in 2016.

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NEWS 1

Grey Cup rings up $93M for province

Economic impact. Saskatchewan earned more than glory when Riders took down Ticats

MARCO VIGLIOTTI
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The 2013 Grey Cup has already won a place in Saskatchewan Roughriders lore, though new numbers suggest the event might also go down as one of the most profitable in the province's history.

The CFL championship game and ancillary activities produced an economic impact of $93 million for Saskatchewan, including more than $60 million for the Regina area, according to figures provided by the Roughriders on Wednesday.

"We couldn't be happier with the impact and benefit this event has brought to Saskatchewan," said Jim Hopson, president and CEO of the football club, in a statement.

Last November's Grey Cup Festival attracted about 241,000 attendees over a four-day period, with an estimated 10,000 gathering for the Saturday morning parade.

The championship game at Regina's Mosaic Stadium attracted 44,710 fans, bringing the total of site-specific attendees for the festival and game to 285,800.

Of that total, the Roughriders estimate that 35 per cent travelled from outside of Regina to attend the events.

"Clearly there was a significant and measurable financial impact for our province," Hopson said. "Beyond that we had an opportunity to showcase Saskatchewan on a national stage."

More than 11.5 million TV viewers, or about one in three Canadians, watched at least some part of the game on TSN or in French on RDS.

Proof of concept

"What this demonstrates is that cities like Regina are more than capable of playing in the big leagues with everyone else."

Ron Camp, associate dean at the U of R's Kenneth Levene School of Business

Car plunged into lake without a driver: Cops

City police are trying to find out how and why a car became submerged in Wascana Lake. The police underwater investigation and recovery team, including divers, pulled the unoccupied vehicle out of the lake near the Wascana Drive marina shortly after 6 p.m. on Wednesday. After searching the area where it was submerged, police said no one was in the car when it went into the lake. Investigators plan to contact the car's registered owner and are asking anyone with information to call police at 306-777-6500, or Crime Stoppers at 1-800-222-8477. MARCO VIGLIOTTI/METRO

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Saskatoon police

Women charged in crash that killed two teens

Saskatoon police have charged two young women in a collision that killed two teenagers and sent a third to hospital. Cheyann Chrystal Peeteetuce, 21, appeared in provincial court in Saskatoon on Wednesday and is facing 14 charges including impaired driving causing death.

A 17-year-old, who can't be named due to her age, faces three charges including possession of stolen property. The crash occurred on Monday in Saskatoon when a stolen pickup truck fled from police.

The truck ran a stop sign and struck two vehicles, pinning one against a building, police said. METRO

David Woods trial

Jurors shown route that led to discovery of body

Jurors in the trial of a Saskatoon man accused of killing his wife have been taken on the route that led police to the woman's body.

David Woods is charged with first-degree murder in the death of Dorothy Woods.

It took about 45 minutes for a police-led convoy to drive out to the Blackstrap Lake area south of Saskatoon.

The judge told jurors the drive could be useful in helping them understand evidence presented at the trial. Dorothy Woods disappeared on Nov. 11, 2011, and was found in a culvert almost two months later.

THE CANADIAN PRESS/CKOM

High court

Appeal of inmates who want to live together dismissed

Saskatchewan's high court has dismissed an appeal by two prison inmates who want to live together as a couple.

Jean Richer and Leslie Sinobert had argued that the Correctional Service of Canada is violating their rights. The two men want to live in the same house at the minimum-security annex at Saskatchewan Penitentiary in Prince Albert. Prison officials denied their request, ruling that Sinobert needs to be in a separate home for inmates with mental health issues.

The Court of Appeal says the prison is not depriving the men of their liberty as inmates. THE CANADIAN PRESS

City investing nearly $20M in street repairs this year

Construction season. According to mayor, 38 kilometres of paved road will be fixed throughout Regina

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City hall has earmarked $19.7 million for 66 road rehabilitation projects this year, in what Mayor Michael Fougere calls Regina's largest-ever investment in street infrastructure.

"This is the most aggressive road renewal program we have ever undertaken," Fougere told reporters outside city hall on Wednesday.

"We will be fixing 38 kilometres of our paved roads throughout the city. Over the past 15 years, the average has been about 27 kilometres — so you can see we're doing much more than we have in the past."

The mayor's announcement signalled the beginning of the city's construction season, which will see work on 15 arterial streets, 10 collector roads — such as 3rd Avenue and Truesdale Drive — and 40 local and residential roadways.

The city is also slated to spend $4.7 million to repave 13 kilometres of Ring Road. A further $3 million will be dedicated to bridge work, including maintenance of the Ross Avenue overpass.

Commuters are advised to regularly check the city's website throughout the summer to learn where construction is happening and to find alternate routes.

The city is putting $1.7 million into improvements to 36 local streets this season. Those funds come from revenue resulting from a dedication of one per cent of this year's property tax increase to the program.

If that portion of tax revenue hadn't been allocated for construction, Fougere said, work on those streets might not have been done for several years.

Mayor Michael Fougere announces the start of Regina's summer roadwork program on Wednesday, dedicating $19.7 million to street upgrade projects.
MARCO VIGLIOTTI/METRO

"The citizens of Regina wanted the streets repaired," he said.

"Council is listening to what residents are saying."

In addition to the street projects, the city is putting $2.7 million into traffic signals and what it calls "pedestrian protection."

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Coupland's honour is selfie-explanatory

Author Douglas Coupland snaps a selfie as he is made an Officer of the Order of Canada by Gov. Gen. David Johnston during a ceremony at Rideau Hall in Ottawa on Wednesday. The selfie was later posted on Coupland's Twitter feed. SEAN KILPATRICK/THE CANADIAN PRESS; INSET: TWITTER

Is Ford getting help, or was he getting Timbits?

Rob & Doug McFrenzy. Storm of speculation about whereabouts of Toronto mayor fuelled by student's alleged doughnut-shop sighting

JESSICA SMITH CROSS
Metro in Toronto

Toronto Mayor Rob Ford
THE CANADIAN PRESS

Grade 11 student Cayla Clarkson says she didn't know Rob Ford was supposed to be in rehab when she spotted him in a Tim Hortons parking lot and tweeted about it on Tuesday — fuelling the storm of speculation about the mayor's whereabouts.

Clarkson said she saw Ford get out of his car and walk into the doughnut shop in Toronto wearing a "full black suit" and walk out again wearing a grey sweatsuit.

"He opened the door to the backseat of his car," said Clarkson. "I had my phone out because I was going to take a picture and he looked at me, like he did not seem happy, he didn't seem pleased. So I just put my phone down.

"When he closed his door, he sort of looked at me again, did a once-over, and that's why I walked away," she said. "I just felt a little uncomfortable."

Doug Ford told reporters at city hall Wednesday it was actually him at the Tim Hortons, and he'd stopped by on his way to council to take pictures with people and hand out T-shirts.

"I think he's just trying to cover for his brother," Clarkson said. "He said he was handing out T-shirts and taking pictures, but I did not see him handing out T-shirts or taking pictures at all. He wasn't interacting with anybody, I didn't see him talking to anyone." she said.

International review

Global study to look at Canada's polar bear trade

Environment Minister Leona Aglukkaq says she is confident that a new international review of Canada's trade in polar bear parts will reaffirm this country's conservation of the species.

The Convention on International Trade in Endangered Species will look at the practices of all five polar bear range states, although Canada is the only country that permits commercial trade in polar bears.

THE CANADIAN PRESS

I am your robber

Cops to suspect: I have you now

Vancouver police didn't travel to a galaxy far, far away to arrest Darth Vader.

Sgt. Randy Fincham says police responded Tuesday to a robbery involving a suspect wearing a Vader mask. The victim was unhurt, but her attacker escaped with a small amount of cash.

A 911 call led police to a suspect, who was not far away and still wearing the mask. THE CANADIAN PRESS

Lt. Derek de Jong. Sailor who deserted post given reprimand, $5,000 fine

A Royal Canadian Navy officer was given a severe reprimand and a $5,000 fine Wednesday for deserting his post on a supply vessel after alleging he faced harassment and ridicule.

Lt. Derek de Jong told his court martial that prior to deserting on Sept. 17, 2012, he was subjected to deplorable behaviour that included a female colleague urinating in his cabin. HMCS Preserver was docked at Key West, Fla., when he left the ship.

The defence asked for a reprimand and a fine, while a military prosecutor wanted de Jong reprimanded and demoted one rank to sub-lieutenant.

The maximum sentence for desertion under the National Defence Act is life in prison, although in this case the prosecution and defence agreed the maximum sentence was five years because de Jong wasn't considered to be on active duty.

Speaking outside court, de Jong said he felt the sentence was just.

"The sentence was very fair. … In fact I feel the courts were more than fair. I had assumed the penalty would be greater than a severe reprimand and $5,000," he said.

"As the judge said, I'm being given a second chance. I hope I can re-earn the respect of those appointed under me."

THE CANADIAN PRESS

Lt. Derek De Jong speaks after his court martial in Halifax on Wednesday.
ANDREW VAUGHAN/THE CANADIAN PRESS

Abortion opponents not welcome to run for Liberals: Trudeau

Justin Trudeau says opponents of abortion need not apply to run for the Liberal party in the next election, and if they do, the Liberal leader says they'll be weeded out during the vetting process for nomination applications.

"As a party, we are steadfast in our belief … that it is not for any government to legislate what a woman chooses to do with her body, and that is the bottom line there," Trudeau said Wednesday.

"I have made it clear that future candidates need to be completely understanding that they will be expected to vote pro-choice on any bills."

Exceptions will be made, however, for incumbent opponents of abortion who became MPs before the party officially adopted a pro-choice stance, such as Toronto MPs John McKay and Judy Sgro.

Their beliefs will be "respected to a certain extent," Trudeau said, "but our position as a party is we do not reopen that debate."

Justin Trudeau speaks in the House of Commons in Ottawa Wednesday.
CHRIS YOUNG/THE CANADIAN PRESS

Trudeau revealed the party's new hard line on abortion one day before the annual "March for Life," in which thousands of abortion opponents are expected to descend on Parliament Hill.

Trudeau said the evolution of the party position was cemented last year when Liberals "chose a resolutely pro-choice leader with over 80 per cent of the support of membership."

Abortion is just one issue on which would-be candidates' views are vetted during the party's so-called green light process for nomination applicants. Their views on same-sex marriage and the Charter of Rights are among the other issues canvassed, Trudeau said.

"We make sure that the people who are stepping forward are consistent with the Liberal party as it is now, as it stands under my leadership and under the feedback we're getting from Canadians across the country," he said.

THE CANADIAN PRESS

Canada pledges to help find kidnapped girls

Women attend a demonstration Tuesday calling on the government to rescue the kidnapped school girls outside the defence headquarters in Abuja, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

'Repugnant act.'
Foreign Affairs Minister John Baird says that Canada will supply surveillance equipment to help with the search

In the messy world of competing international interests, Foreign Affairs Minister John Baird decided Wednesday that the fate of hundreds of abducted teenage girls in Nigeria would come before all else.

Baird pledged Canada's unwavering support to help free the female students abducted by Islamic extremists, a tragedy that has now gripped the world.

Canada will supply surveillance equipment to help Nigeria find the girls, even though it has long-standing concerns about the country's human rights record, the Harper government said Wednesday.

Baird made clear that any loans of Canadian military hardware to Nigeria would be accompanied by Canadian military personnel to operate it.

"We obviously would have concerns, with Nigeria, with their human rights record and many issues," he said.

Without mentioning it specifically, Baird appeared to be referencing Nigeria's law that further criminalizes homosexuality. The Same Sex Marriage Prohibition Act criminalizes homosexual clubs and organizations, and carries a maximum 14-year prison term.

That said, Canada wants to do everything it can to help rescue the hundreds of girls aged 12 to 15 who were kidnapped by an Islamic extremist group, called Boko Haram, from a school in Nigeria three weeks ago, Baird said.

"This has been a foreign policy priority for Canada. The rights of women, the rights of girls, the campaign against early marriage ... gender violence and terrorism is obviously something which is a huge concern for us," Baird explained.

THE ASSOCIATED PRESS

Nigeria. Extremist group kills hundreds of people

Islamic militants who have triggered international outrage over the kidnapping of more than 270 Nigerian schoolgirls opened fire on a busy marketplace, killing hundreds in a new spasm of violence.

As many as 300 people were killed in the assault late Monday on the town of Gamboru Ngala on Nigeria's border with Cameroon.

The attack escalates Nigeria's growing crisis from a campaign of bombings, massacres and abductions being waged by the Boko Haram terrorist network in its campaign to impose an Islamic state in Nigeria. THE ASSOCIATED PRESS

Pentagon. U.S. sending aid of a few troops and officials

The Pentagon is sending fewer than 10 military troops to Nigeria as part of the U.S. effort to help find nearly 300 girls kidnapped by the Islamist extremist group Boko Haram.

A Pentagon spokesman says officials have no plans now to launch any military operations.

Pentagon spokesman Col. Steve Warren says the troops will be arriving in a few days as part of the larger U.S. assistance team to include State Department and Justice Department personnel.

The military members will help with communications, logistics and intelligence planning. THE ASSOCIATED PRESS

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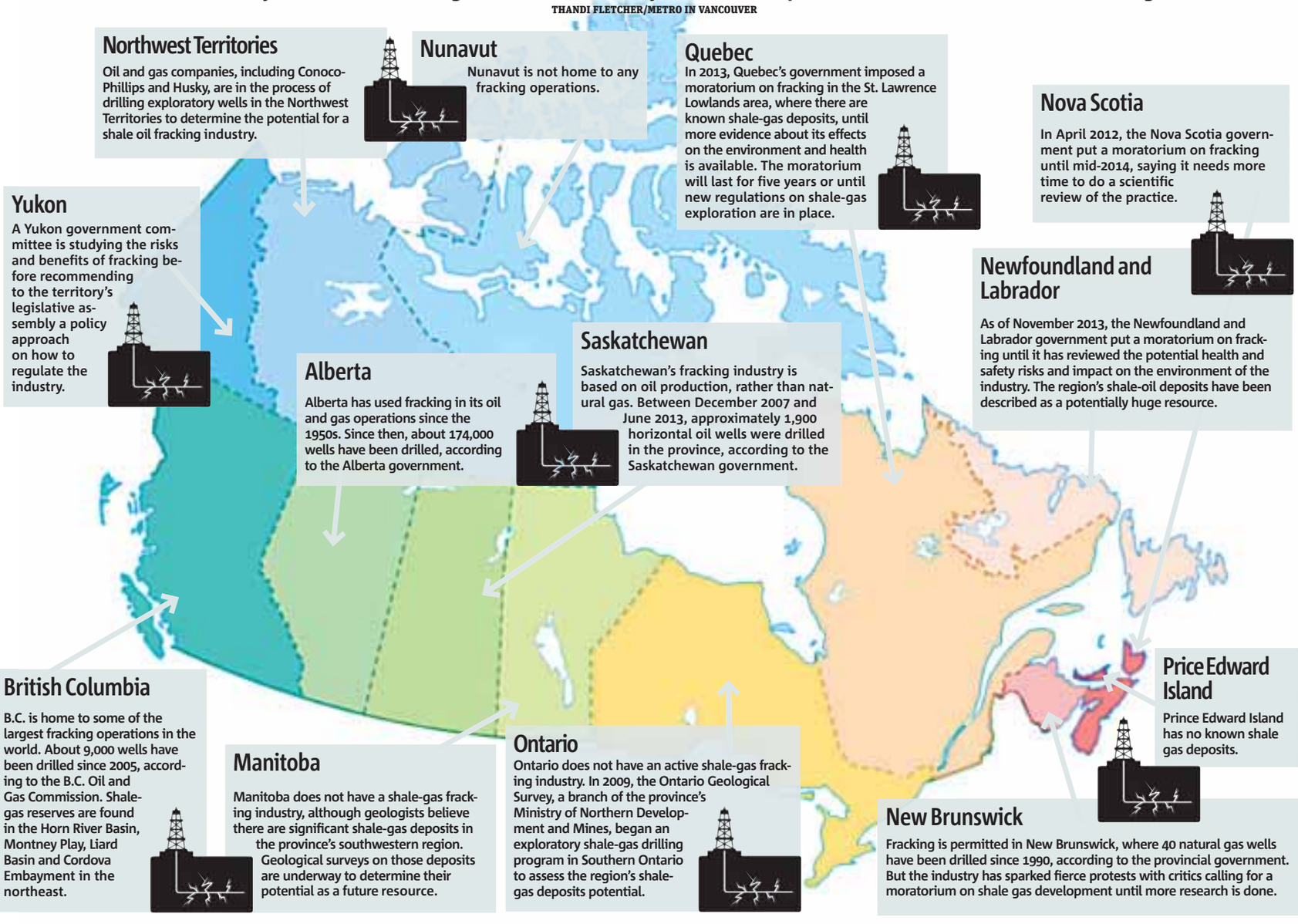
Tracking Canadian fracking

Metro's look at the controversial practice of fracking continues with Day 2 of our three-day feature. While it's booming in B.C., other provinces have been more cautious, imposing moratoriums until there's more evidence on its health-and-safety effects. Many countries, including France and Germany, have also imposed bans or moratoriums on fracking.

THANDI FLETCHER/METRO IN VANCOUVER



Northwest Territories
Oil and gas companies, including ConocoPhillips and Husky, are in the process of drilling exploratory wells in the Northwest Territories to determine the potential for a shale oil fracking industry.

Nunavut
Nunavut is not home to any fracking operations.

Quebec
In 2013, Quebec's government imposed a moratorium on fracking in the St. Lawrence Lowlands area, where there are known shale-gas deposits, until more evidence about its effects on the environment and health is available. The moratorium will last for five years or until new regulations on shale-gas exploration are in place.

Nova Scotia
In April 2012, the Nova Scotia government put a moratorium on fracking until mid-2014, saying it needs more time to do a scientific review of the practice.

Yukon
A Yukon government committee is studying the risks and benefits of fracking before recommending to the territory's legislative assembly a policy approach on how to regulate the industry.

Alberta
Alberta has used fracking in its oil and gas operations since the 1950s. Since then, about 174,000 wells have been drilled, according to the Alberta government.

Saskatchewan
Saskatchewan's fracking industry is based on oil production, rather than natural gas. Between December 2007 and June 2013, approximately 1,900 horizontal oil wells were drilled in the province, according to the Saskatchewan government.

Newfoundland and Labrador
As of November 2013, the Newfoundland and Labrador government put a moratorium on fracking until it has reviewed the potential health and safety risks and impact on the environment of the industry. The region's shale-oil deposits have been described as a potentially huge resource.

British Columbia
B.C. is home to some of the largest fracking operations in the world. About 9,000 wells have been drilled since 2005, according to the B.C. Oil and Gas Commission. Shale-gas reserves are found in the Horn River Basin, Montney Play, Liard Basin and Cordova Embayment in the northeast.

Manitoba
Manitoba does not have a shale-gas fracking industry, although geologists believe there are significant shale-gas deposits in the province's southwestern region. Geological surveys on those deposits are underway to determine their potential as a future resource.

Ontario
Ontario does not have an active shale-gas fracking industry. In 2009, the Ontario Geological Survey, a branch of the province's Ministry of Northern Development and Mines, began an exploratory shale-gas drilling program in Southern Ontario to assess the region's shale-gas deposits potential.

Price Edward Island
Prince Edward Island has no known shale gas deposits.

New Brunswick
Fracking is permitted in New Brunswick, where 40 natural gas wells have been drilled since 1990, according to the provincial government. But the industry has sparked fierce protests with critics calling for a moratorium on shale gas development until more research is done.

The industry

Concerns and safety

After nearly a decade on the inside of what was once B.C.'s largest natural gas company, Robert Falls is well aware of some people's wariness of the oil and gas industry.

"It's very much in our nature to characterize them as arrogant or uncaring or evil," he said. "If you're Joe Public and you're looking at that industry, it's huge, it's powerful, it's ... intimidating."

But, in his experience, that assessment is simply not fair. Energy companies are concerned about the environment, and the health and safety of people living near oil and gas operation sites, he said. It's in their best interests to make it a priority or they wouldn't be able to keep operating, he said.

But, Falls said, despite the industry's best efforts to reduce the risk of disaster, things can and do go wrong. He believes energy companies need to do a better job of mitigating that risk and listening to the public's concerns.

A Green Light for Safety

During his tenure in the 1990s as manager of the environment division of Westcoast Energy, now operating as Spectra, Falls said his team had the green light to do "whatever had to be done" to safeguard the health and safety of people in the communities in which they operated.

"I don't think people realize how much time, effort and money is spent on managing environmental, health and safety issues," he said.

That sentiment is echoed by industry leaders, who claim the health and safety of residents living near fracking sites is a top concern.

Andy Calitz, chief executive officer for LNG Canada, the entity behind a proposed liquefied natural gas project in the northwestern B.C. town of Kitimat, said energy companies are constantly studying fracking and its impact on water and air quality.

The environment

"Are there concerns? Yes, we are at all times sensitive to our environmental impact."

Andy Calitz, chief executive officer for LNG Canada

"Are there concerns? Yes, we are at all times very sensitive to our environmental impact," he said. "It is high on our agenda."

Geoff Morrison, manager of B.C. operations for the Canadian Association of Petroleum Producers, said the organization is trying to do a better job of assuring the public about the industry's practices.

"We recognize there is a broad concern about an

Tricks of the gas trade

Fracking 101. Northern Lights College in B.C. teaches students the ins and outs of working the fields — and staying safe

EMILY JACKSON
Metro in Vancouver

Stacy Smith is the dean of a program at Northern Lights College that trains field operators and power engineers. MATT KIELTYKA/METRO

The best time to frack is in the dead of winter.

Temperatures drop to -45 C, but to drill to gas trapped in shale in Northeastern British Columbia's Montney Play, rigs must be set up when the region's swampy muskeg is frozen so they don't sink.

Some city dwellers have perceptions that natural gas is a fast way to riches. Who can blame them? With the government promising billions in royalties from extracting gas and shipping it to yet-to-be-built liquefied natural gas (LNG) plants on the coast and then to Asia.

But that simply isn't the case.

"It's not a quick buck," explains Stacy Smith, program chair of trades at the Northern Lights College, during a tour of the simulated wellsite at the Fort St. John campus. Smith is the dean of a program that trains field operators and power engineers to drill, operate and monitor wells. Safety is his top goal.

"A huge amount of time and skill goes into making sure the gas is safe to move and use for everybody — it is not a simple process."

Yet it's the process that will power B.C.'s push for LNG plants. For every billion spent on the LNG facilities, $3.86 billion will be spent upstream, according to Fort St. John, B.C., mayor Lori Ackerman.

Not much is known about the long-term effects of fracking, a technology that dates back to the 1950s but exploded in use since 2000. But concerns are mounting about chemicals seeping into groundwater, methane escaping into the air, seismic activity and flaring of sour gas.

What they learn

Natural gas is one of the cleanest burning fossil fuels, but it's tough to get to, Smith says as he walks through the facility where, annually, 48 students train.

It requires a massive amount of energy. Once a well is drilled deep enough and sealed with concrete to prevent ground water contamination, water, sand and chemicals are pumped down to horizontally fracture the land and release the shale gas.

The gas bubbles up to a wellhead with pressure monitors and an emergency shut down valve. It can be "pretty nasty" when it comes out of the ground — if it contains hydrogen sulphide, it can kill. It can't be cleaned up. Instead, it's burned off in a process known as flaring.

Students learn to remove the hydrogen sulphide and to dehumidify the gas. After these processes, the product is mostly methane and ready to sell.

Why we frack

"It's the nature of the beast, it's the only way to access the shale gas," Smith says.

Some regions, including Quebec, have banned fracking.

"They don't want to take the chance, I think, to have the contamination potentially happen," he said.

But it's riskier in places with shallow shale formations, also known as plays. B.C.'s plays are deep — between 1,700 and 4,000 metres below the surface — compared to Quebec's (500 to 3,300 metres deep), according to the National Energy Board.

There are strict regulations around sealing wells to ensure chemicals don't leak into the ground water.

"The people that are up here, they're just like me and you. They're family people, they have kids, they don't want to see their water contaminated."

What can go wrong

"It's like anything that can go wrong," Smith said, especially operations involving massive machinery with moving parts.

Sometimes it's circumstances, sometimes there's a flaw that's missed, sometimes it's human error.

Technology improves safety, he says, pointing to emergency shut down valves that close automatically or electric monitors that alert a production facility immediately if something is wrong.

"As much as it kind of runs smoothly, there's always glitches that happen all the time, so somebody has to be there to fix them," he said. "Things break."

On opportunities

There's a two-year waitlist to get into the program, where graduates can expect starting salaries of $65,000 a year plus a healthy dose of overtime.

Even though job prospects are good, a lot hinges on the expected demand from the LNG plants.

"Everybody's sort of in this holding pattern, you know, kind of waiting," he said.

industrial process people aren't familiar (with) or is new to them," he said.

"Things Do Go Awry"

Still, Falls said the industry is not perfect. During his seven years at Westcoast Energy, Falls recalls one pipeline rupture — a sour gas leak near Fort Nelson, B.C. Fortunately, it was "very small," he said, and was quickly brought under control.

But the incident still underscores the risks associated with the industry, he said. "It doesn't matter how many studies have been done or how thoroughly they have been undertaken," he said. "Things do go awry."

"It's Not Going to Go Away"

Falls encouraged residents of communities where fracking is taking place to "ask the hard questions" to companies about emergency preparedness plans. But the industry also needs to do a better job at listening to community concerns, he said.

That's more important than ever, he said, as demand for fossil energy continues to rise. Even if there were to be strong public pushback against gas development in B.C., "that wouldn't change what the world is going to do," he said.

"If we don't supply it, somebody else is going to supply. We have to get better and we have to continuously improve because it's not going away."

THANDI FLETCHER/METRO IN VANCOUVER, WITH FILES FROM CAM TUCKER

MORE IN OUR FRACKING SERIES

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Photo and map.** Stacy Smith takes us on a tour.

In pictures

1 Covering up. What's a wellhead?

Heavy-duty wellheads are placed atop holes after drilling is complete. The blue attachment on the right is an emergency shutdown valve that cuts off the gas supply in case of a fault in the system. ALL PHOTOS MATT KIELTYKA/METRO

2 Expensive operation. Rigs

This $6-million rig uses a kelly drive to bore into the earth and get to the shale gas. It used to be operational, but companies donated it to the Northern Lights College wellsite training facility.

3 Getting it out. Jacks that pump

A pump jack helps move oil out of the ground if there's not enough pressure for it to flow naturally.

4 Fine balance. Reading wellheads

Field operators measure pressure readings on wellheads to ensure it isn't too high (could indicate a potential explosion) or too low, which means the gas won't move through the pipelines.

5 The final step. Removing the deadly stuff

Once gas comes out of the ground, it must go through a variety of buildings and pipes to remove any deadly hydrogen sulphide and to be dehumidified.

Opponents of abortion can't run as Liberals

Justin Trudeau. It's a pro-choice party; they don't want the debate reopened; sitting anti-abortion MPs will be allowed to run

Liberal Leader Justin Trudeau during question period. THE CANADIAN PRESS

Justin Trudeau says opponents of abortion need not apply to run for the Liberal party in the next election.

And if they do apply, the Liberal leader says they'll be weeded out during the vetting process for nomination applications.

Trudeau says the Liberals now support abortion rights and all candidates in the next election will be expected to adhere to that position.

However, he says an exception is being made for incumbent opponents of abortion who became MPs before the party officially adopted a pro-choice stance, such as such as Toronto MPs John McKay and Judy Sgro. Their beliefs will be "respected to a certain extent," Trudeau said, "but our position as a party is we do not reopen that debate."

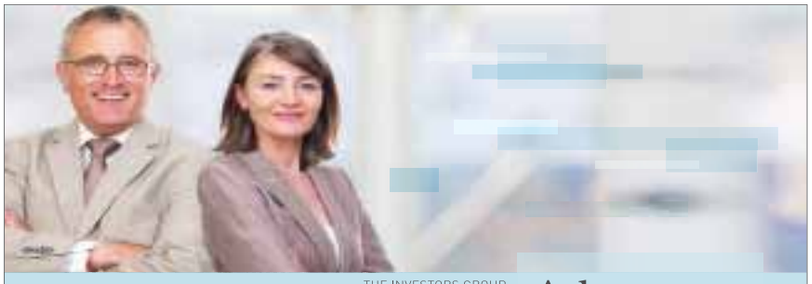
Until two years ago, Liberals did not have a party position on abortion, considering it a matter of conscience.

As a result, MPs opposed to abortion formed a vocal minority in the Liberal caucus. "As a party, we are steadfast in our belief ... that it is not for any government to legislate what a woman chooses to do with her body, and that is the bottom line there," Trudeau said.

THE CANADIAN PRESS

Scan this and watch an expert talk about the whale bone recovery project

"There's nothing on Earth that I've ever encountered that smells worse than a dead whale." Scan the photo above with your Metro News app to watch a video of the Royal Ontario Museum's Mark Engstrom discussing how the museum's whale bone recovery project will work — and likely take two years to complete. The museum in Toronto will help preserve the skeletons of two beached blue whales that washed ashore on the west coast of Newfoundland, including the rotting blue whale seen here on the shore in Trout River, N.L., in this April 27 photo. NTV NEWS, DON BRADSHAW FILE/THE CANADIAN PRESS



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Investors Group

Up-to-date scores
Canada TOP 5

1 178 points Saudah-Toronto
2 155 points Niramay-Toronto
3 141 points Phally-London
4 131 points Ritik-Vancouver
5 129 points Salvatore-Toronto

See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.

Putin says troops pulled back, wants referendum postponed

Ukraine crisis. Pro-Russia militants say they will carry out planned vote Sunday

Russia has pulled back its troops from the Ukrainian border, Vladimir Putin told diplomats Wednesday as he urged insurgents in southeast Ukraine to postpone their planned referendum Sunday on autonomy.

In a Moscow meeting with Swiss president Didier Burkhalter, Putin said the Russian troops have been pulled back to their training grounds and locations for "regular exercises," but didn't specify whether those locations were in areas near Ukraine.

Putin also called on Ukraine's military to halt all operations against pro-Russia activists who have seized government buildings and police stations in at least a dozen towns in eastern Ukraine.

Ukraine launched a government offensive late last week to take back buildings and towns under control of the insurgents. At least 35 people, including many rebels, have died in that offensive, the government said.

Many had feared that Sunday's vote on more autonomy would be a flashpoint for further violence between the rebels and Ukrainian troops in the east. Despite Putin's comments, pro-Russia militants said they would still carry out the referendum on Sunday.

THE ASSOCIATED PRESS

A bouquet sits atop the burnt-out shell of a car at a location where clashes between pro-Russia gunmen and the Ukrainian army took place, north of Slovyansk, Ukraine, Wednesday. MANU BRABO/THE ASSOCIATED PRESS

Taking a toll

Sanctions hurting Europe?

Sanctions against Russia are taking a toll in Europe as well, figures showed Wednesday.

Treasury Undersecretary David Cohen, in Paris as part of the Obama administration's push to bolster European support for broader sanctions, acknowledged that the measures are also inflicting pain on companies in the United States and especially Europe, whose banks and energy firms have deep Russian interests.

THE ASSOCIATED PRESS

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No baby boom after this bust

Birth of fear. Like the Great Depression, after the Great Recession in 2008, the birth rate fell around the world and it has yet to rise back up

In this 1930 file photo, a nurse holds a baby in Philadelphia. When the economy falls, like it did in the '30s and 2008, the birth rate also falls.
THE ASSOCIATED PRESS FILE

The financial crisis that followed the collapse of U.S. investment bank Lehman Brothers in 2008 did more than wipe out billions in wealth and millions of jobs. It also sent birth rates tumbling around the world as couples found themselves too short of money or too fearful about their finances to have children. Six years later, birth rates haven't bounced back.

For those who fear an overcrowded planet, this is good news. For the economy, not so good.

We tend to think economic growth comes from working harder and smarter. But economists attribute up to a third of it to more people joining the workforce each year than leaving it. The result is more producing, earning and spending.

Now this secret fuel of the economy, rarely missing and little noticed, is running out.

Births are falling in China, Japan, the United States, Germany, Italy and nearly all other European countries. Studies have shown that births drop when unemployment rises, such as during the Great Depression of the 1930s.

THE ASSOCIATED PRESS

An unmoveable feast

Indian labourers sort mangoes at a fruit market in Hyderabad, India, Wednesday. Mangoes start arriving in Indian markets in April, providing a juicy, delicious respite from summer temperatures and humidity as they start climbing to oppressive levels. Piles of mangoes are cooled in refrigerators or buckets of ice-cold water or pureed to create refreshing drinks that cut through the scorching heat. Indians are feasting on some of the world's most succulent mangoes after the European Union banned imports of the fruit from India this month, producing a glut and rock-bottom prices for local consumers. MAHESH KUMAR A./THE ASSOCIATED PRESS

Short on time? Perhaps that's due to spending it all watching YouTube, Netflix

Anglophone Canadians are now spending almost a third of their time online watching video, according to a report by the Media Technology Monitor.

In a survey with 4,009 English-speaking Canadians conducted between Oct. 7 and Dec. 1 of last year about 75 per cent of the respondents said they watched some online video monthly.

Two-thirds of them said they regularly watched videos on YouTube, 42 per cent streamed TV content, 34 per cent sat down for full movies, 29 per cent used Netflix, and 26 per cent said they watched news and sports videos.

While mobile streaming is growing, most were still using a computer to watch online video.

THE CANADIAN PRESS

Market Minute

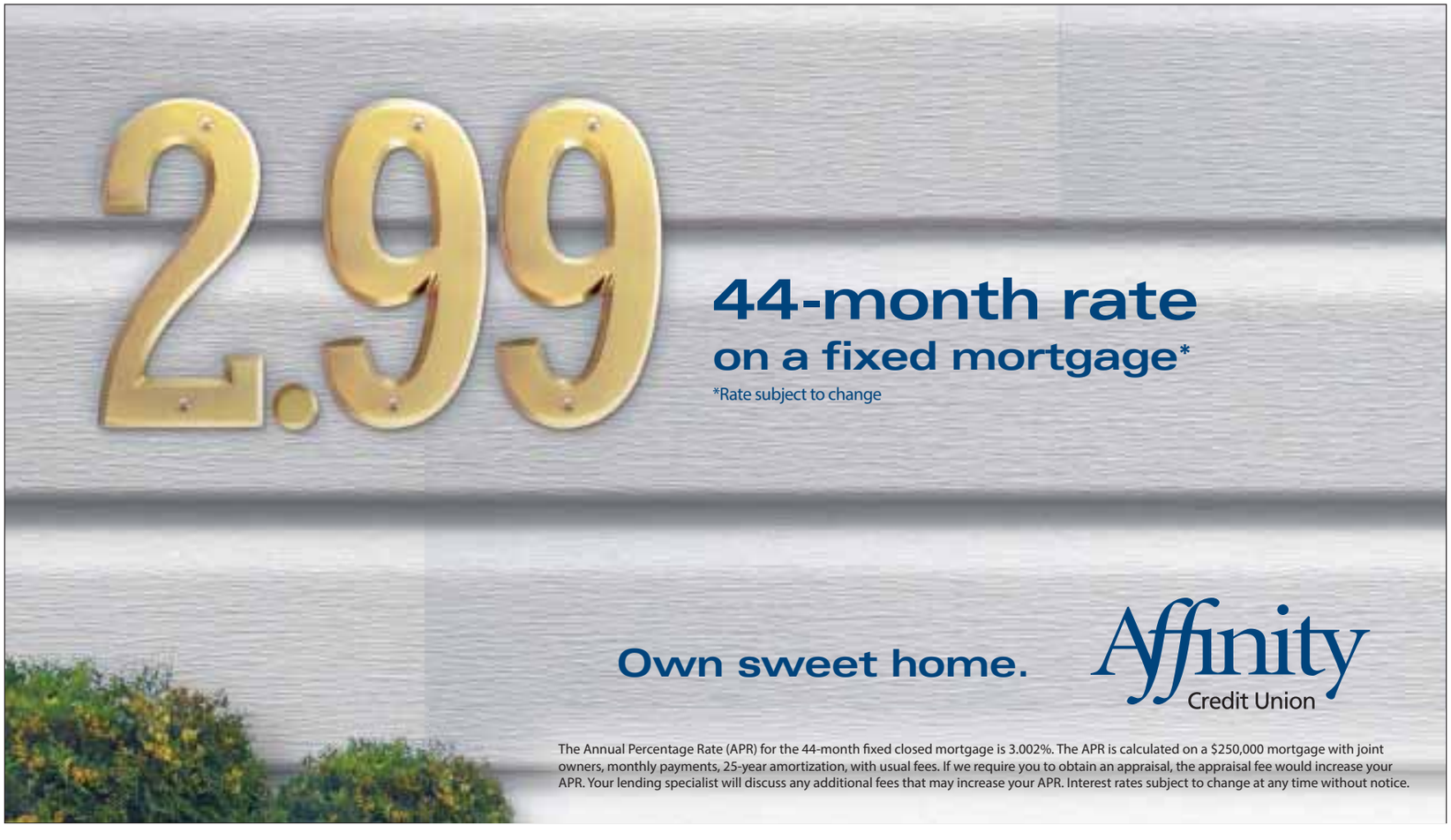
DOLLAR
91.79¢ (-0.13¢)

TSX 14,656.40 (+44.11)

OIL $100.77 US (+$1.27)

GOLD $1,288.90 US (-$19.70)

Natural gas: $4.74 US (-$0.05)
Dow Jones: 16,518.54 (+117.52)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on a fixed mortgage*
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THE MOTHER OF ALL HOLIDAYS

HE SAYS

John Mazerolle
metronews.ca

Mother's Day was always a special event in my parents' household, because it meant I was attempting to be an adult on a scale I've never quite recaptured in my adulthood.

Back then I bought flowers, wrote my own cards, and picked out gifts, including a large, framed stock photo of a rose on a keyboard that would have been an amazing gift if my mother was the manager of a Super 8.

I even — and this is why it's always been The Mother of All Holidays in my mind — tried to cook.

If I were to add up the number of times in my life where I attempted to prepare a full meal, it's likely Mother's Day would be responsible for at least five of them — so around half the meals I've ever cooked have been for Mom.

That's the kind of outstanding son I am.

Now I live in a different city and, like most adult sons, I make a point on Mother's Day of letting my mother know that I exist and that I know she exists, too.

This seems to touch her deeply.

I suppose it's better than leaving bread crumbs and runny yolk on her bed sheets.

Focusing on love instead of buying something saves Mom and I from the crass commercialization of yet another Hallmark holiday, while coincidentally saving me from the high price of a Hallmark card. Mommy dearest, indeed.

I've compiled some numbers to show the big business that Mother's Day has become.

I think you'll find the stats as surprising as I did when they occurred to me in a fever dream.

A fever dream of research.

Mother's Day By The Numbers:

1: Average number of mothers per lifetime, per person in Canada.

$23.2 billion: Amount that is expected to spent on Mother's Day this year in North America.

$23.1 billion: Amount that will go to the richest 1 per cent of mothers.

63: Per cent of U.S. mothers who will get food stamps in bed.

7.2: Average number of carnations required for a mother to believe her child loves her.

890,000: Number of pre-written cards with Mother's Day poetry rhyming love, glove, dove and above.

4: Number of pre-written cards with Mother's Day poetry rhyming love and shove.

100 per cent: Amount KFC, Taco Bell and other corporations love mothers, according to their Twitter feeds.

10,000: Number of awwws about to ring out around Canada.

0: Mother's better than mine.

ZOOM

Boo-boos are hard to bear

Mango, a 19-year-old male Syrian brown bear, rests on a bed as zoo veterinarians and staff prepare him for surgery in the Ramat Gan Zoological Center's animal hospital near Tel Aviv, Israel, Wednesday. The 250-kilogram bear was going into surgery to repair a herniated disc in his back after it was discovered in an X-ray. ARIEL SCHALIT/THE ASSOCIATED PRESS

Syrian bear goes in for surgery

In Israel, a 19-year-old Syrian brown bear named Mango underwent surgery Wednesday to repair a herniated disc, said Sagit Horowitz, a spokeswoman for the Ramat Gan Zoological Center near Tel Aviv.

Zoologists first noticed Mango had a problem when he started to show signs of paralysis in his hind legs, said Dr. Merav Shamir, who led the surgery on the furry patient.

THE ASSOCIATED PRESS

They've got his back

"It started acutely," said Shamir. "He wasn't able to move his right hind limb and it progressively deteriorated over the following 48 hours to become completely paralyzed on the hind limbs."

"I'm nervous now — I'll be happier in a few hours," Shamir said before the hours-long surgery began.

"I wish him luck."

Veterinarians will know in the coming weeks whether Mango makes a full recovery.

THE ASSOCIATED PRESS

A potential lifesaver

Such procedures aren't uncommon at the Ramat Gan Zoological Center, the premier zoo of Israel. Last year, veterinarians there used acupuncture to cure the chronic ear infection of a 14-year-old Sumatran tiger.

- Shamir said other bears with a similar disc problem have been euthanized. The surgery Mango underwent is novel for bears, though it's often performed on small dogs.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 15 in Life and page 18 in Sports

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

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MetroTube

Watch this guy touch the sky

ANDREW FIFIELD
metronews.ca

Fighter pilot tends to join gigs like astronaut and race car driver on the list of cool jobs many of us, at least once, said we'd have when we grew up.

Of course, life intervened and shuffled most of the many onto other career tracks while the few stuck it out long enough to achieve the white-knuckle life.

We don't know if the younger version of photographer Blair Bunting had similar dreams, but at least he got to take to the skies in a USAF Thunderbirds F-18 for one day. And his cooler-than-ice handling of it was all captured on rather dizzying video.

SCREENGRAB

(Via Jaron Schneider on YouTube)

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Still emo after all these years

Kings of backpack rap. Atmosphere's Slug looks on the Southside of life

BACKSTAGE PASS
Jacob Morgan
scene@metronews.ca

Atmosphere is comprised of rapper Slug and producer Ant. DAN MONICK

A decade ago, emo rap was poised to take over popular music.

The style had the perfect blend of diary-entry confessionalism and middle-finger-to-the-man rebelliousness that was so of the moment during those post-9/11 days when everyone seemed depressed for one reason or another.

Atmosphere, the hip-hop duo always at the forefront of the scene, are back in the spotlight with Southsiders. Metro asked MC Slug (Sean Daley) to consider emo rap's influence on contemporary hip-hop.

"I don't think that particular movement … ever did become mainstream, because otherwise more people would know who Sage Francis is," he said.

Despite the fact that Atmosphere and their cohorts didn't quite blow up from the underground, Slug said he sees traces of their legacy in such newer artists as Lil B, the Odd Future collective and Macklemore.

"We were part of the evolution of where rap went, but you can't take credit for it," he said.

All this reminiscing evidently pulled at Slug's heartstrings.

"I'm getting misty-eyed," he joked.

But the rapper has done a lot of growing up since he famously projected a world of personal problems including substance abuse and ex-girlfriends onto a lyrical metaphor called Lucy Ford.

In many ways, the transition has been a long time coming and is apparent on previous releases. Now the development continues, as Slug was married in 2010, has two young kids and explores mature themes on Southsiders.

"There are a lot of thoughts about mortality on this record," said Slug. "The word death probably shows up five times."

Rather than dealing with fear, he explained, it is about confronting reality. The title refers to both his home neighbourhood in Minneapolis and something deeper.

"There is a south side to everything, whether you want to interpret that as death or hell or you just want to interpret that as struggle," he said.

For instance, the single Kanye West, on which Slug invites listeners to "put your hands in the air like you really do care," addresses the challenges around true love.

He uses the name of a star often maligned for speaking his mind to "describe how (when) you love something so much… you don't even care what people think."

And therein lies the lasting appeal of Atmosphere that goes beyond any trend or subgenre.

From anti-hero symbol to shedding that persona and accepting his role as a family man, Slug has remained honest.

"I rap about myself," he said. "Here I am in 2014, a little bit older, and the songs on this record reflect what I've been thinking about."

Quoted

"There are a lot of thoughts about mortality on this record. The word death probably shows up five times."

Slug, rapper

Details

Atmosphere will stop in Regina on their Canadian tour in support of Southsiders on May 18 at the Exchange.

George Clooney ALL PHOTOS GETTY IMAGES

Just call him groomzilla? George is set on walking down the aisle this fall

If you think George Clooney's surprise engagement to Amal Alamuddin came quickly, just wait until the save-the-date cards go out. Clooney is reportedly wasting no time in tying the knot, with a fast-approaching wedding date, according to Radar Online.

"The wedding is to take place in September," a source says. "They've told family and friends they will only disclose the location at the last minute, and it will be very private. Neither George nor Amal want the wedding to be a public affair — and her family doesn't, either."

And the wedding isn't the only bit of planning on the fast track, as Clooney and Alamuddin "definitely want kids ASAP," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Tabloid pays price for J.K. Rowling 'sob story' claim

A British tabloid has apologized and paid damages to Harry Potter author J.K. Rowling over an article about her time as a single mother.

Rowling brought a libel case against the Daily Mail after it alleged in an article in September that she told a false "sob story" on how people at her church stigmatized and taunted her for being a single mother on welfare. The newspaper report was based on an essay Rowling wrote for a charity describing her experiences some 20 years ago.

The paper printed an apology Wednesday stating that Rowling in fact did not make any false claims. The paper said it had agreed to pay "substantial damages" and legal costs to Rowling, who will donate the money to charity. THE ASSOCIATED PRESS

Miley recovering from sudden illness with 'crazy honey and lavender'

Miley Cyrus is just fine, y'all. The Wrecking Ball singer resumed her world tour in London after a sudden illness landed her in the hospital and caused her to cancel dates for three weeks.

"I didn't have a drug overdose. I took some s—ty antibiotics that a doctor gave me for a sinus infection and I had a reaction," she said at a press conference at London's O2 Arena. "I'm feeling good, I'm alive — so that's f—ing awesome. I'm the poster child for good health." She's even taken steps to maintain her health: "I'm on this crazy vitamin rush and crazy honey and lavender. I learned a lot about taking care of myself."

Twitter

@JamesFrancoTV
"50 shades of batman and robin w/ Spider-Man"

@pattonoswalt
Totally just saw the green dragon from GAME OF THRONES drinking at Little Dom's.

@oliviawilde
This year, instead of attending the "Met Ball", I leaked milk, and ate an entire napkin while inhaling a felafel.

metro

TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

Is the new Metro News App in your future? It should be – especially if you want access to the Metro News features you love, including horoscopes, local news, sports, entertainment and much more.

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See that symbol? It means you can scan this photo with your Metro News app to see a video montage of Lindsay Ellingson strutting her stuff on the Victoria's Secret runway.

Tips from the lips of an Angel

Model management. From hot-power yoga sessions to facial massages for breakouts, Lindsay Ellingson shares all her tricks

ROMINA MCGUINNESS
Metro World News

We've all had those moments: You want to get rid of bloat in a week's time for a big event or need to turn your complexion around in 24 hours for a big job interview. With a long list of big-time catwalks including Chanel, Chloé and Prada, and five years as a Victoria's Secret Angel under her belt, model Lindsay Ellingson has become a master at solving a beauty problem quickly. She reveals some of her tricks for looking fresh:

Start on the inside

"You can just tell when a girl looks sick or is too thin. I get light-headed and my energy fades. It's good to eat lots of clean, hearty meals so that you're not starving yourself — something like chicken, sweet potato and broccoli. I don't like putting food in my body that makes me feel toxic, so I always carry almonds in my purse. I'll eat a cheeseburger if I want one, but I'll just balance it out with a green juice. I eat less sugar, it just helps my skin glow and stops my energy levels from spiking."

Put the Starbucks runs on pause

"I love cold-pressed, iced black coffee but caffeine is dehydrating so I drink Kusmi Detox tea instead."

CONTRIBUTED

Add some heat to your yoga

"I've been doing hot power yoga four times a week and feel more toned than ever. It's not as hot as Bikram — I tried that once and almost passed out! Be in tune with your body and listen to it — if you're tired, it's OK to rest."

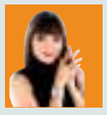
Hydrate well, inside and out, to fake a solid night's sleep

"I need about nine hours of sleep but I've learned to function with much less. I would fly overnight to Milan, arrive in the morning and go straight to 14 appointments — that's your job. So I started to sleep with an eye mask or take some melatonin (during flights). And drink lots of water. When you wake up dehydrated, your skin feels horrible. So I would put on the SKYN Iceland Hydra Cool Firming Eye Gels, roll an ice cube around my eye zone and spritz my face with the Heritage Store Rose Petals Rosewater — it helps me look awake"

When all else fails, copy the makeup artists

"I've definitely arrived super tired and broken out on the last day of the Paris shows. Thankfully the makeup artists are amazing when it comes to erasing signs of fatigue. They'll give a face massage using the Embryolisse Lait-Crème Concentré face cream to increase the blood flow to your face and use eye drops for extra sparkle. I also like to use Ling Drying Lotion on a pimple at night and it'll be gone by the time you wake up."

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Ready to strut it! Backstage @TorontoFashion #NewLabels show

Lunch with @LaureenHarper at 24 Sussex Dr to brainstorm ideas for CDN Centre for Child Protection. NeedHelpNow.ca

The latest Accuweather forecast is predicting a cool summer after this insane winter, but let's not let that stop us from thinking about swimsuit season. Go online to Trends Report to see the latest styles in long-sleeved swimwear, and let me know, would you choose a sleeved suit over a barely there bikini?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

ELLE 3

PLUS HOMES

Intense flavours of Palestine

This recipe serves four. STEVE PAINTER

Chicken, Onions and Sumac with Pitta Bread. These bites are served as a street snack by tucking the ingredients into a pouch

1. Preheat the oven to 180 C (350 F)

2. Heat olive oil and butter in a heavy-based pan and stir in the onions. When they begin to soften, add garlic and fry until the onions turn golden brown.

3. Add the chicken and cook for 2–3 minutes, before stirring in most of the sumac, cardamom and baharat mix.

4. Add the lemon juice and cook gently until the chicken is tender but still juicy. Toss in most of the pine nuts and parsley and season to taste with salt and pepper.

5. Place the pita halves on the prepared baking sheet. Pop them in the preheated oven for about 10 minutes to toast them. Fill the toasted pouches with the chicken mixture, top each one with a dollop of yogurt and scatter the reserved sumac, pine nuts and parsley over the top. Serve immediately.

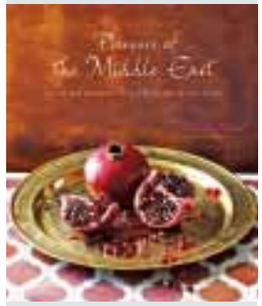
FLAVORS OF THE MIDDLE EAST BY GHILLIE BASAN (RYLAND PETERS AND SMALL, $35.95; RYLANDPETERS.COM)

Ingredients

- 2 tbsp olive oil with a knob/pat of butter
- 2 onions, sliced
- 2-3 garlic cloves, crushed
- 700 g (1 3/4 lbs) chicken breasts, cut into bite-size strips
- 2-3 tsp ground sumac
- 1 tsp crushed cardamom seeds
- 1-2 tsp baharat mix
- freshly squeezed juice of 1 unwaxed lemon
- 2 tbsp toasted pine nuts
- a small bunch of fresh flatleaf parsley, finely chopped
- sea salt and black pepper
- 4 pita breads, halved crossways to form 8 pockets
- 4 generous tbsp thick yogurt
- baking sheet, lightly oiled

Cookbook of the Week

A culinary Middle Eastern trek



Flavours of the Middle East by Ghillie Basan showcases dishes you would encounter should you travel the ancient lands of the region. With feature spreads profiling the essential ingredients and more than 60 authentic recipes, the book makes it easy to prepare exotic fare at home. You'll start with appetizers like Hot Hummus with Samna, make your way to main courses with Poached Fish with Saffron, throw in some veggies like Fried Carrot and Fennel and end with sweets like Noah's Pudding. METRO

Cures to 3 common backyard woes

Yard acts to follow. A little lattice, some water and a raised bed are simply remedies for the backyard blues

Backyard trends may come and go but some yard headaches will never go away. While there will always be tasks like grass cutting that have to be done, there are common backyard problems that can be solved once and for all. Tackling any of these three dilemmas will be a vital step towards achieving backyard perfection.

The Problem: AC unit sticks out like a sore thumb

The Solution: That AC unit isn't going anywhere, so the best solution is to camouflage it as best as possible. A simple lattice screen around the unsightly box will do wonders to eliminate the eyesore, and you can even plant some growing vines at the base to further hide the unit. Make sure to leave room around it for proper airflow and to trim any plants regularly to keep your AC working all summer long.

Desperate Landscapes

For more advice on how to make your backyard the envy of the neighbourhood, tune in to Desperate Landscapes, Thursdays at 10 p.m. ET/PT on DIY Network Canada.

The Problem: City and car noise ruins the backyard Zen factor

The Solution: Ponds and fountains are more than just eye candy. They provide a soothing sound that is not only relaxing but will help drown out traffic noise or other city racket. Don't focus too much on the fountain's size, but where it will be placed. Even a small waterfall can be effective if it's placed close to a popular seating area. Depending on the setup and location, it may be necessary to have an electrician install an outdoor outlet for the pump.

The Problem: Kids and pets are trampling the garden

The Solution: Allowing kids and pets to enjoy the yard shouldn't mean the destruction of a manicured garden or luscious vegetable patch. To keep your hard work from being damaged by an exercising dog or an errant soccer ball, create a raised flower bed a few feet off the ground.

Whether using bricks or wood as the frame, this project can be completed on the weekend with no previous DIY experience, and it doesn't require any expensive tools.

Turn on the waterworks

Ponds and fountains are more than just eye candy. They provide a soothing sound that is not only relaxing but will help drown out traffic noise and other city rackets.

Even a small fountain or waterfall can turn a noisy yard into a Zen garden. ISTOCK

Mom deserves special thought

KATHY BUCKWORTH
For Metro

Mother's Day is supposed to be a day of celebration and gift giving — everything from handmade cards from the kids, to more expensive glittery items from grateful dads.

But some gifts can cause more stress and guilt than joy. Things like:

• The workout equipment/gym clothes/personal training sessions for the Mom who hasn't had the chance or inclination to work out for a number of years. The reminder that she needs to get off the couch can be a harsh one. Suggest instead a bike ride or a family hike.

• A new blender/mixer/toaster oven or other small appliance for the Mom who really doesn't want to spend any more time in the kitchen than she already does. This is going to make her feel bad about cluttering up the counter and not using the appliance.

• Gift cards are a terrific choice if Mom likes to visit and shop at that particular place, but not if it is a hassle for her to get there with the kids. Think before choosing (giftofchoice.ca has a huge selection).

• A spa treatment sounds wonderful, but isn't for everyone. Not all women enjoy spa treatments to begin with, and those who do often can't indulge because they can't find a sitter for the kids or time in their schedule. Make sure the treatment is wanted, book the sitter, and get it in her schedule so she doesn't feel gift card expiry guilt.

• Clothing can be tricky for those who aren't used to buying it for someone else. If you get a size too small you might be inferring she needs to lose weight; a size too big could mean you think she is bigger than she is. Check labels and sizes of favourite clothes before shopping.

Take extra time and think about what you are going to get your mom for Mother's Day. SHUTTERSTOCK

Pretty gift ideas to help Mom feel pampered

JANINE FALCON
For Metro

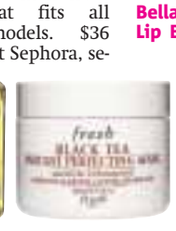
We have rounded up a selection of covetable skin care, fragrance and makeup we think would go beautifully with that pretty bouquet of flowers you have already picked out for the best mother in the world.

The Schwarzkopf Professional Ceramic Hair Dryer cuts drying time by 50 per cent. $215 at schwarzkopf.com for salons. This tangle-proof 3D Speed Brush by Hot Heads also cuts dry time and boosts shine. From $18, delineation.ca.

Caudalie Polyphenol C15 packs a powerful antioxidant punch coupled with a potent dose of brightening vitamin C. Anti-Wrinkle Protect Fluid, $52; Serum, $66; Eye and Lip Cream, $52. All at Sephora, sephora.com.

Fresh Black Tea Instant Perfecting Mask is a deliciously cooling, hydrating whipped texture that leaves skin feeling wonderfully fresh. $88 at Sephora, sephora.com.

The Clarisonic Aria Cleansing System, newly available in cheerful hot pink, has three speeds for its complexion-perfecting sonic action. $225 at Hudson's Bay, Sephora and Shoppers Drug Mart. Mom's already all set with a unit? The new **Clarisonic Luxe Facial Brush Cashmere Cleanse** is a satiny-soft, dual-brush replacement head that fits all models. $36 at Sephora, sephora.com.



Diptyque Geranium Odorata is a free-spirited blend of lush geranium anchored with bergamot, green cardamom, cedar and vetiver. $118 at Holt Renfrew, holtrenfrew.com.

Yves Saint Laurent Oriental Collection Supreme Bouquet is an exotic, heady floral blend of tuberose and jasmine sambac with warm amber-woody accord. $230 at select Holt Renfrew and Hudson's Bay stores.

Les Exclusifs de Chanel Jersey Extraits is the new perfume edition of the elegant scent interpretation of the supple knit fabric Mademoiselle Chanel made chic in 1916. $200.

The limited-edition **Bellavance x Burt's Bees Lip Balm Roll** by design duo Bellavance includes two tinted balms and two shimmers. Proceeds to Pollinator Partnership of Canada. $20 at burtsbees.ca.

Philosophy Amazing Grace Firming Body Emulsion tones skin with conditioning shea butter and nourishing oils, $44. The lovely feminine floral with a hint of musk now comes in a purse-friendly **Perfume Roll-On**, $25. Both at Sephora, sephora.com.

St. Tropez Self Tan Luxe Dry Oil bestows skin with a gorgeous, subtle gleam, delicate scent, and a fresh-off-the-yacht sun-kissed glow with daily use. $60 at Sephora, sephora.com.

WaySpa gift cards help give mom some much deserved spa-pampering time. Added genius — digital versions are an option if you have left your shopping a bit late. Available at wayspa.com.

Clockwise, from far left: St. Tropez Self Tan Luxe Dry Oil, $60; Diptyque Geranium Odorata, $118; Philosophy Amazing Grace Firming Body Emulsion, $44; Caudalie Polyphenol C15 Anti-Wrinkle Protect Fluid, $52, Serum, $66, Eye and Lip Cream, $52; WaySpa gift cards; Fresh Black Tea Instant Perfecting Mask, $88; Les Exclusifs de Chanel Jersey Extraits, $200; Yves Saint Laurent Oriental Collection Supreme Bouquet, $230; and Clarisonic Aria Cleansing System, $225.

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Penguins tighten hold on series lead

Pittsburgh Penguins winger Chris Kunitz manoeuvres the puck in front of New York Rangers goalie Henrik Lundqvist in the first period of their second-round playoff game at Madison Square Garden in New York, Monday. The Penguins won the game 4-2 to take a 3-1 series lead. For more on the game, go to metronews.ca. KATHY WILLENS/THE ASSOCIATED PRESS

Montreal's Weise man

NHL playoffs. Forward making his mark after being dumped by the Canucks mid-season

Dale Weise is finding out what it's like to be a Montreal Canadien when they're winning in the springtime.

The city groaned when general manager Marc Bergevin sent defenceman Raphael Diaz to the Vancouver Canucks for the little-known Weise on Feb. 3, but now the energetic fourth-line right-winger is becoming a folk hero.

His breakaway goal in Game 3 of the Eastern Conference semifinal on Tuesday night became his second game-winner of the playoffs as the Canadiens downed the rival Boston Bruins 4-2 to take a 2-1 lead in the best-of-seven series.

Weise had scored in overtime in the first game of an opening round sweep of the Tampa Bay Lightning.

His first taste of his newfound fame came this week when he was out for a stroll with his fiancée, with seven-month-old son Hunter in a stroller.

"This car pulled over right on the sidewalk," Weise said Wednesday. "The guy was in the driver's seat and I was on the right side.

"In the middle of the green light he reached across and he's banging on the window and yelling. My fiancée's like, 'What is this guy doing?' She's freaking out, and he's giving me the thumbs up. It was pretty outrageous."

Weise will have a chance to grow his legend even more in Game 4 on Thursday night at the Bell Centre, as the Canadiens attempt to put a choke hold on the series.

THE CANADIAN PRESS

Tough luck, Torts

In his third season in Vancouver, Weise was ignored by coach John Tortorella, but landed on his feet as a regular fourth liner in Montreal.

Kory Sheets

Former Rider busted for pot possession: RCMP

Police have confirmed that former Saskatchewan Roughrider Kory Sheets was busted for pot possession several weeks ago and received an absolute discharge.

RCMP say the running back was pulled over outside the southern Saskatchewan community of Estevan for speeding.

An officer smelled marijuana and, when asked, Sheets produced two joints and some loose weed totalling 6.4 grams. The one-time CFL player pleaded guilty to possession of marijuana at a court appearance.

Sheets has made a $300 charitable donation to Students Against Drunk Driving as part of the discharge.

THE CANADIAN PRESS

Metro poll

Which Cup-less vet needs it most?

After 18 full seasons in the NHL, Jerome Iginla is hoping to hoist his first Stanley Cup with the Boston Bruins. Scan the image with the Metro News app to pick which veteran you want to see win hockey's top prize. JARED WICKERHAM/GETTY IMAGES

Storied Flory retires after Grey Cup glory

The Montreal Alouettes' Scott Flory, pictured with his trophy for Outstanding Offensive Lineman at the CFL awards in 2008, announced his retirement after becoming the new president of the CFL Players Association. THE CANADIAN PRESS FILE

A longtime respected voice in the Montreal Alouettes' dressing room, Scott Flory will now put his leadership talents to work on behalf of all CFL players.

The nine-time CFL all-star offensive lineman announced his retirement Wednesday after playing 15 seasons and winning three Grey Cups in Montreal.

The move was largely expected after Flory became the new president of the CFL Players' Association in late March.

The Regina native suffered a season-ending biceps tear July 12 in a game against the Calgary Stampeders, though he was determined to return this season if he had not won his leadership bid.

"It was a decision I made when I chose to run that I told myself that if I did win that I was going to retire," Flory said at an Olympic Stadium press conference. "It was a way for me to segue out of football from the playing side of it but still stay involved with the game and being around the guys and trying to represent them.

"I was committed to coming back. I was training, I was doing everything, and I believe in this club and the direction that they're going, so I wanted to be a part of it."

THE CANADIAN PRESS

Top lineman

Twice the CFL's top lineman (2008 and 2009), the six-foot-four, 296-pound Flory helped Montreal to Grey Cup victories in 2002, 2009 and 2010.

Horoscopes

♈ Aries
March 21 - April 20
You are not the kind to turn away someone who is down on their luck, but watch out you don't get conned by a sob story. Sadly not everyone is as honest as you, so check the facts before thinking of parting with cash.

♉ Taurus
April 21 - May 21
You may be a bit hesitant today but that's OK. The thing to remember is that the cosmos is very much on your side so you can afford to take a risk.

♊ Gemini
May 22 - June 21
You are entitled to your own space and if others find that hard to understand then they are not very smart. Give yourself some time to meditate on and plan for the future.

♋ Cancer
June 22 - July 23
No matter what happened and who was to blame there is no point regretting what happened yesterday because you can't go back and change it. What you can do is to make tomorrow better.

♌ Leo
July 24 - Aug. 23
It's good that you know how to be assertive but the planets warn you must not go too far. If you break the rules over the next 24 hours, someone higher up the ladder than you will make you pay for it.

♍ Virgo
Aug. 24 - Sept. 23
You have nothing to worry about but for some reason you have this feeling of impending disaster. Most likely it is just your mind playing tricks on you — and even if it isn't, what happens will be no big deal.

♎ Libra
Sept. 24 - Oct. 23
Whatever else you do over the next 24 hours don't cut corners, because you won't get away with it. Resist the temptation to do anything dishonest, because you really don't need to.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in your opposite sign of Taurus means, among other things, that you have to put up with people who annoy you. Don't be tempted to argue with them because if you do, the situation may get out of hand.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think badly of yourself if you have to admit that you have failed to reach a target. The fact is you tried and that alone makes you a hero.

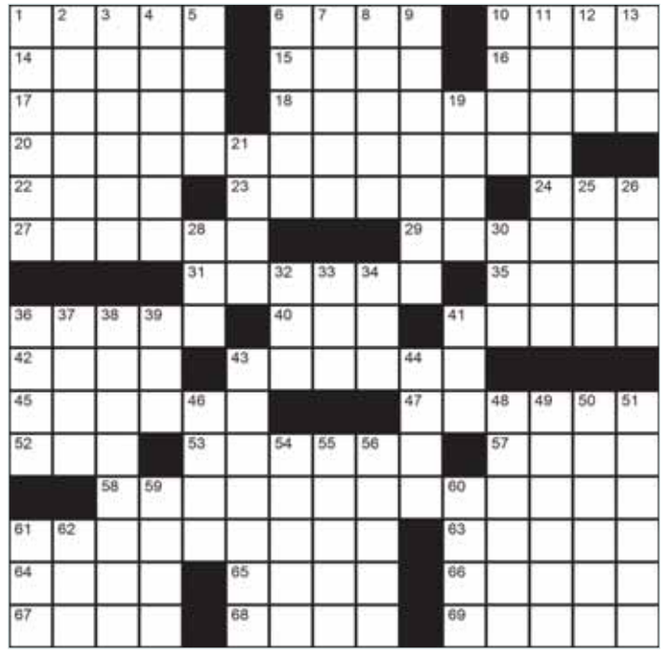
♑ Capricorn
Dec. 22 - Jan. 20
Most things seem to be going well for you and that's good, but the planets warn you must not get too content and drift along without trying. When things are going good, you should be aiming for great.

♒ Aquarius
Jan. 21 - Feb. 19
Don't worry if you lose out over the next 24 hours because you will more than make up for it later in the month. If something seems to be slipping from your grasp let it go.

♓ Pisces
Feb. 20 - March 20
Steer clear of disputes that have nothing to do with you. The more others try to draw you into an argument, the more you must keep your distance. That applies especially to friendships and money – they don't mix. **SALLY BROMPTON**

Crossword: Canada Across and Down

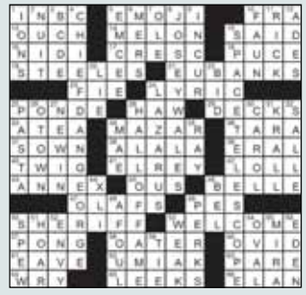
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. "Hey! I bet you can't..." sayer
6. Basketball: Miami __
10. Caesar's 2101
14. Singer Ms. Cara
15. Paris pronoun
16. Mil. school
17. Georgia, for one
18. Is there any of 'it' out 'there' somewhere?: 2 wds.
20. Montreal-based UN Agency... ICAO = International __ __ Organization
22. Conniver
23. Minify
24. "Conan" cable network
27. Current
29. Official study
31. Patrick _. __ (Zoe Saldana's Canadian co-star in NBC's miniseries adaptation of #58-Across)
35. "Makes sense.": 2 wds.
36. Chesterfields
40. Ms. Hagen
41. Do additional tailoring
42. "__ cost you!"
43. Like a rose
45. Commercial area of Venice
47. Trojan hero
52. Approx.
53. Speechmaker
57. Jazz singer Ms. Fitzgerald
58. Ira Levin's 1967 scary bestseller: 2 wds.
61. Surname of the married couple portrayed by the stars at #31-Across
63. Rock band, Death Cab for __
64. 'Refer' suffix
65. _._. __ Canadian (Currency conversion choice)
66. Margarines
67. Ritzy retailer, __ Fifth Avenue
68. Swinger's supplies?
69. Never happened or existed

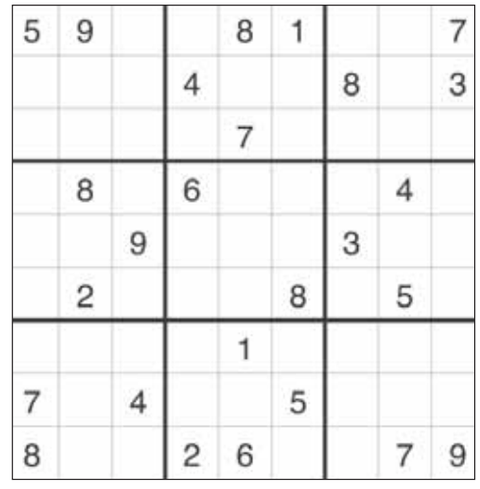
Down
1. __ Throw (Decathlon event)
2. Emily Carr, for one
3. Plunderer, archaically
4. Whole
5. Merry dance
6. Yo-__-ho! (Hoist, sailors, hoist!)
7. Arthur __ Awards (Crime Writers of Canada annual honours)
8. Handle
9. Shifts stableness
10. Saint-__ (1491 birthplace of French explorer Jacques Cartier)
11. Canadian apple
12. Li'l lunchtime locale
13. 'Chlor' suffix
19. Three squared
21. Alfred Hitchcock's wife played by Helen Mirren in "Hitchcock" (2012)
25. Marcia's "Desperate Housewives" role
26. From __ to stern
28. Backstreet Boys member Mr. McLean's
30. __ chart
32. "Well, obviously!"
33. _ __ Z
34. Wreck
36. "Your majesty."
37. Mr. Redding
38. Newfoundland town
39. __-inclusive
41. __ bread
43. Removed, as a newspaper story: 2 wds.
44. Not
46. "__.0", airing on MuchMusic
48. Dusty space cloud
49. Uplifts
50. Great Britain's archaic name
51. Declare, Bible-style
54. Create cheeriness
55. Flavour
56. Sweet 'sandwich' snacks
59 Venerated verses
60. Flat-bottomed vessel
61. Mr. Craven
62 "Bird __ _ Wire" (1990)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	1	6	3	9	2	8	5	4
5	9	3	8	4	1	2	6	7
2	4	8	7	5	6	1	3	9
1	6	9	4	2	3	5	7	8
3	8	2	5	1	7	9	4	6
4	5	7	9	6	8	3	2	1
6	3	1	2	7	9	4	8	5
8	7	5	1	3	4	6	9	2
9	2	4	6	8	5	7	1	3

Today
13°/3°
Sunny
Friday
16°/5°
Partly cloudy
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
TWN incorporates MSC data

Choose one:
A) Fees B) No fees
It's that simple.

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residential listings

4619 Curtiss Ave.

Spacious 3 bdrm 2 1/2 bath and about 2100 sq. ft. Home! Boasts high ceilings throughout main floor. Move in ready. Abundance of natural light. Basement has roughed in bathroom & possible 2 bdrms with rec room.

MLS#494081

$549,900

5103 – 7th Ave.

Corner lot in quiet neighborhood. Sunken living room, good size kitchen and a rec room in the finished basement. 2 bdrms up & 2 bdrms down. 2 bathrooms. Hot tub incl.

MLS#494112

$324,900

agriculture listing

Breathtaking Views

Beautiful 159 acres of development potential. Located above the town of Craven & minutes away from Last Mountain Lake. This is the perfect opportunity for anyone looking to develop homes with breathtaking views or the most incredible home!

$689,900

condo listings

#4 – 2125 Lorne St.

Very unique one bedroom unit is equipped with a dual washer with dryer machine, a good size kitchen and decent size living room area! steady current rent at $1450 monthly

MLS#494105

$169,900

commercial listings

40 Qu'Appelle Street

Fantastic business or investment opportunity! Very strong net income history. Have full 2 years of financial statements with access to older if needed. Steady, long term customers and sellers willing operate business to ease transition for at least a couple months!

MLS#494389

$379,900

5544 Rochdale Blvd.

Fantastic turn key business opportunity in a great location! Fully operating restaurant equipped with all the seating and kitchen equipment needed to do business. Must see to appreciate this space. Lease and financial information to serious buyers only!

MLS#494392

$245,900

#105 – 108 – 2300 Broad St.

This lease space is the ideal location for any business! Generous front window exposure, a heated parking spot with each unit and high ceilings to create a mezzanine, this is a space that should not be overlooked.

MLS# 494290

$26/Square Feet

#208 – 1901 Victoria Ave.

Large master bedroom featuring a walk in closet and in-suite laundry! This home has 10 ft. ceilings and one of the lowest Condo fees in the Downtown District.

MLS# 494123

$248,900

#906-1901 Victoria Ave.

Luxurious 2 bedroom, 2 bath dynamic unit is fitted with corner fireplace, solid oak cabinets and granite countertops! underground parking stall

MLS#493993

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